



1401 Mercantile Lane Suite 200A, MD 20774. Office: P 301-386-2223 F 301-386-2231  
www.Preventfirst.com 1-800-595-0620 www.MyBloodLab.com

October 2009

Dear: New Health Screening Host,

Thank you for your interest. It gives us the pleasure and honor to serve you. In addition to serving you, you have an opportunity to give up to 200 members of your church, over 45 years of age, a FREE Osteoporosis Ultrasound Screening.

Since 2005, the mission of PreventFirst is to offer affordable, high-quality health screening and educational services. We have found that preventive health care is often overlooked. Along with this Osteoporosis Ultrasound Screening, we can provide other live saving screenings at reduced rates.

The following information is all you will need to schedule and host a great screening event. Just follow the steps below and soon your members will be a little wiser about their physical well being.

#1 – **Choose a Point of Contact** for your members and for us to coordinate the event as soon as possible. This person maybe the coordinator of your Health and Wellness Ministry.

#2 – **Confirm an event date with our Wellness Coordinator.** The best dates have been a Sunday afternoon, after services or during the week, Mondays, Tuesday or Fridays being the most available. The screening event will only be 4 hours. So choose a time period that covers that amount of time.

#3 – **Distribute the included fliers**, which each interested member will complete and bring to the scheduled event. When a member chooses specific screening package the associated fee would apply.

#4 – **Use the sign-up sheet enclosed** for members to indicate screening package they would like to receive and to schedule an approximate time. In order for your event to be successful, we recommend that there are a minimum 50 people signed up before the event date. A week prior to the date of the event, we will request a copy of the sign-up sheet to determine the number of people, what services are requested and how many of each.

We pray success for you and your screening event. If you have any questions please feel free to call.

Sincerely,

A handwritten signature in black ink that reads 'Melinda Chapman-Ogbonna'.

Melinda Chapman-Ogbonna  
National Wellness Coordinator  
PreventFirst®  
301-386-2223 Cell: 240-299-3050  
MelindaD@preventfirst.com

# We Can Help You Avoid Osteoporosis or a Stroke in 20mins

**Free Osteoporosis Preventive Screening is Coming to Your Church!**

Event Location: \_\_\_\_\_

Date: \_\_\_\_\_ Winner/Coordinator: \_\_\_\_\_

Interested participant's name: \_\_\_\_\_

- Package #1 - Osteoporosis Bone Density Measurement (Age: 45 & up)  
*100 % Free for up to 200 participants per organization - Regular cost \$35*

**Pre- Registration Required. Call 800-595-0620 x3**

- Package #2 - Wellness Gold Pack ~ all 4 tests for only ~ \$25
- (a) Total Cholesterol Test
  - (b) Diabetes Test
  - (c) Body Mass Index (BMI) Test
  - (d) Hypertension/Blood Pressure Analysis

- Package #3 - Carotid Artery (Stroke Preventive) Ultrasound Doppler ~ \$25  
(Age: 40 & up)

- Package #4 - Heart (Echo Doppler & Color Flow) Sonogram\* Scan ~ \$80 Age:7-95

## PreventFirst™ Uninsured Reduced-Cost Blood Work Program

- |   |  |
|---|--|
| <input type="checkbox"/> Liver & Kidney Function Test (CMP)<br>Comprehensive Metabolic Profile - \$25 | <input type="checkbox"/> Anemia & Complete Blood Count<br>(CBC) - \$25 |
| <input type="checkbox"/> Thyroid Function Test (TSH) - \$35   | <input type="checkbox"/> Prostate Cancer Screen (PSA) - \$55           |
| <input type="checkbox"/> Cholesterol Lipid* Test - \$20   | <input type="checkbox"/> Blood Type & Blood Group - \$25               |
| <input type="checkbox"/> Urine Analysis Test - \$15   | <input type="checkbox"/> Hemoglobin A1C - \$40                         |

(\* *Special Arrangement Required.* Cash & Credit - Visa, Master Card, Discover; Accepted. Total: \$\_\_\_\_\_



[www.Preventfirst.com](http://www.Preventfirst.com)

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*Please see test detail on the Back-page*

# 'My doctor said I was a stroke waiting to happen'

**"I thank God for giving me a new lease in life"**

**Dorothy Thomas - Age:** 68    **Children:** 3    **Grandchildren:** 7

**Result:** Carotid Artery Blockage    **Symptoms:** None

**Hobbies:** Church Going, Prison Ministry, Cooking, Singing, Movie buff

## Tests That We Offer Detail:

### Package 1 Bone Density

**Ultrasound Measurement: 100 % Free**

**Purpose:**

**Osteoporosis is a disease where your bones become fragile and are likely to break. It is painless and silent in its early stages. 1 in 3 women over 50 will experience osteoporosis related fractures.** We help both men and women to know if they are at risk.



**Procedure:**

By placing your foot in an ultrasound unit, the bone density of the heel is measured with ultrasound.

### Package 2 Wellness Gold Pack

**Risk Assessments: \$25**

**6 Point Test Include:**

- Total Cholesterol
- Diabetes Test (glucose level)
- Hypertension/Blood Pressure Analysis
- Heart Rhythm - Beats per minute
- Body Mass Index (BMI)
- Calculate Your Ideal body weight

**Total Cholesterol:** Below 200 is Desirable  
**Glucose Level:** Below 110 is Good

**Blood Pressure Stages:**

	Systolic (mmHg)	Diastolic (mmHg)
<b>Optimal</b>	Under 120	Under 80
<b>Normal</b>	Under 130	Under 85
<b>High-Normal</b>	130-139	90-99
<b>1 (mild)</b>	140-159	100-109
<b>2 (Moderate)</b>	160-179	100-109
<b>3 (severe)</b>	180 or >	110 or >

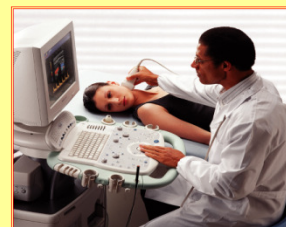
Source: NIH Disease Prevention Education Program

### Package 3 Stroke Preventive

**Carotid Artery Ultrasound Doppler : \$25**

**Purpose:**

**Visualizes the buildup of fatty plaque in the carotid arteries that could block flow of oxygen to the brain .** If it breaks loose it can flow to the brain to cause a stroke or flow to the heart arteries and cause a heart attack.



**Procedure:**

The technologist applies an acoustic gel on your neck over your carotid arteries. A painless instrument, a transducer, will be moved around your neck to visualize the inside of the carotid artery.

### Package 4 Heart Screening

**2D Echo Sonogram : \$80**

**Purpose:**

Visualizes the inside of the heart for heart valve leak (murmur), enlarged heart, blockage or stenosis and take measurements of the thickness of heart walls, and Doppler measurements across the valves.

**Procedure:**

Leads are placed on the chest to test the electrical function of the heart. The technologist applies an acoustic gel on your chest over your heart area. A painless instrument, a transducer, will be moved around the top and to the side of the chest to visualize the inside of the heart.

**BMI – Body Mass Index Ranges:**

**BMI of 18.5-24.9** is ideal.  
**BMI of 25 to 29.9** is overweight.  
**BMI of 30 or more** indicates obesity.  
**BMI of 40 or more** indicates morbid obesity.



**Call or Go Online to Sign Up**

**800-595-0620 x3**

Preventfirst.com

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HQTR: 1401 Mercantile Lane, Ste 200A, Largo MD 20774 (301)-386-2223

## Questions About PreventFirst® Screenings:

**Q: Who needs to be screened? A:** Everyone over 45 and anyone who wants to be proactive about his or her health. The National Stroke Association (NSA) states that the risk of stroke doubles after you reach your 50s. However if you have a family history of stroke or heart disease or if you have high risk factors such as being over-weight, smoking, or lack of exercise, you may wish to be screened even if you are in your 30s. Package 2 & 4 are recommended for the entire family including Children & teens under 17 yrs old.

**Q: Are they covered by Medicare or Insurance? A:** Insurance coverage varies from policy to policy. Medicare generally does not allow for coverage without symptoms. But in some cases, it maybe too late. This is why we encourage you to take advantage of this opportunity. You may submit your receipt to your insurance company for reimbursement.

**Q: How long does it take? A:** Each health screening generally takes less than 10 minutes. If you are having all of our screenings, we recommend that you allocate about 20-45 minutes. Detailed results are provided on the same day.